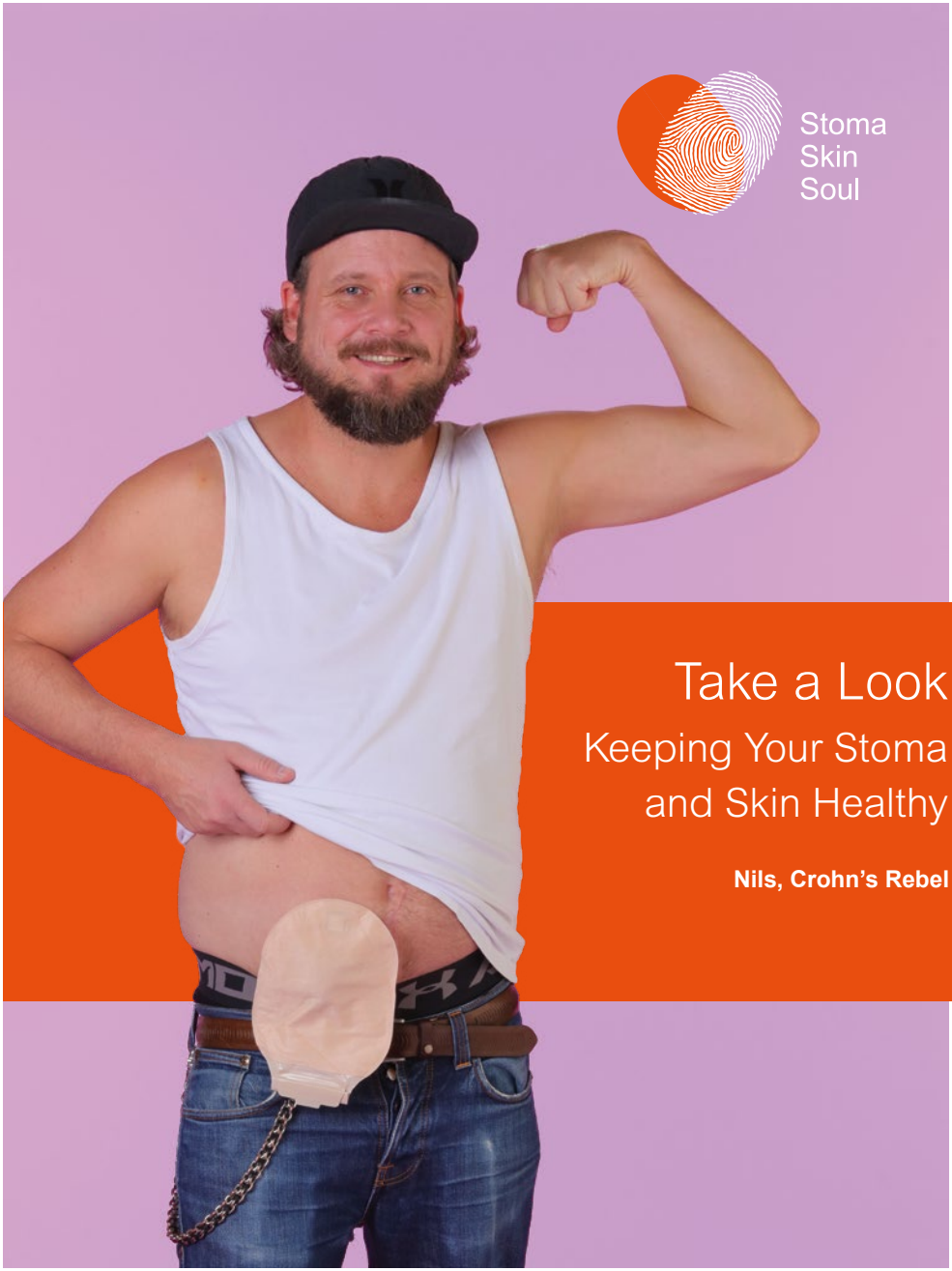


Take a Look

Keeping Your Stoma and Skin Healthy

Nils, Crohn's Rebel

dansac

Taking care of your stoma and the surrounding skin is important

We know that most people don't know when there is a problem. This TAKE A LOOK card will help you to check your stoma and your skin: it tells you what is normal and what is not normal.

Take a look at what's NORMAL



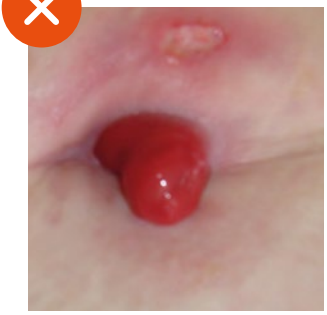
Your skin should be:

- Dry
- No rash
- No redness
- No flakiness

Your TAKE A LOOK tip

Checking your skin regularly + Follow-up with your Stomal Therapy Nurse = Healthy peristomal skin

Take a look at what's NOT NORMAL







Does your skin have one or more of these?

- Rash
- Redness
- Wet or flaky
- Itchy
- Burning
- Painful

If you have any worries about your stoma or the skin around your stoma, call your Stomal Therapy Nurse to TAKE A LOOK.

Key Contacts and Dansac Customer Care (Monday - Friday)

1800 880 851 (Australia)
0800 678 669 (New Zealand)

Your Nurse:

.....

Telephone number:

.....

Tips for keeping your skin healthy

Do

- Always clean your skin with warm water
- Change your pouch system routinely
- Resize your template regularly
- Keep your routine simple
- Inspect your skin every time you change your bag
- Remove your pouch system carefully
- Tell your Stomal Therapy Nurse if you are taking other medication
- Keep in touch with your Stomal Therapy Nurse

Don't

- Use soap or other solutions to wash your skin
- Wait for your pouch to leak
- Add in unnecessary accessories to your stoma care routine
- Pull your bag off too quickly
- Ignore any changes in your skin around your stoma, however small
- Try and manage your stoma care problems alone – contact your Stomal Therapy Nurse

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Dedicated to Stoma Care